Bon Secours is excited to offer you a financial incentive to help you make your health a top priority. Remain engaged in your Preventive Plan throughout the year by completing learning programs, participating in challenges, syncing your activity tracker, and participating in other activities to increase your Preventive Score. If you are covered by a Bon Secours Medical Plan, you can earn up to $900.

How do I earn the most points using My Preventive Plan on BonSecoursBeYourBest.com?

START by completing the first three steps to earn 300 points ($300):

**STEP 1** Complete Your Online Health & Well-Being Assessment (HWA)

**STEP 2** Complete Your FREE Lab & Biometric Screening

**STEP 3** Complete Your Online Health and Wellbeing Review on BonSecoursBeYourBest.com

➤ Tip: You must complete all three steps to be eligible for Incentive dollars.

ALL employees, whether covered by a Bon Secours Medical Plan or not, will be eligible for drawings of $300 in cash prizes four times a year (120 winners a year!).

*To be eligible for drawings, you must have earned at least 200 points in that 3-month period. This is a taxable bonus and will be added to your paycheck if you win.*
**How do I earn more Incentive dollars?**

Your Health & Wellness Advisor will review your personalized Preventive Plan and direct you to programs and activities that will best support your goals. So be sure to follow your advisor’s suggestions.

> Those programs and activities that relate to your goals and health needs will be worth more points.

Here are some of the many ways you can earn points:

**EatYourBest Activities:** Read the blog and watch videos on BonSecoursBeYourBest.com.

> Points tip: Check in at least once a month!

**Coaching:** Get advice from a Health & Wellness Advisor, eCoach, or a Care Manager.

> Points tip: Choose from eCoaching or phone coaching programs.

**Self-directed programs:** Participate in lifestyle programs on sleep, weight loss, stress, healthy eating, benefits of physical activity, and financial well-being.

> Points tip: Four programs (30 points each) in a year can equal 120 points.

**Healthy activities:** Sync your activity tracker or log your steps and exercise on BonSecoursBeYourBest.com to earn points for your steps, and complete specific challenges.

> Points tip: You can earn a point a day (1 point=$1) just for wearing your activity tracker and measuring your steps or logging your activity.

**Learning activities:** Read articles and watch videos on BonSecoursBeYourBest.com.

> Points tip: Check in at least once a week!

**Charitable activities:** Community service, blood donation, and CPR certification all count.

> Points tip: You can get 10 points for donating blood.

**What else do I need to know?**

- You can earn 1,000+ points in a year, though your Incentives cap at $900. There will be a special drawing for employees who reach 1,000 points.
- The Incentive Year runs from September 1, 2018, through August 31, 2019.
- To learn more about earning points and how Incentives work, visit the “My Company” tab on BonSecoursBeYourBest.com.
- BonSecoursBeYourBest.com works on the current versions of most web browsers, including Internet Explorer, which is the Bon Secours standard browser. At home you may use the latest version of Chrome, Safari, Firefox, or Internet Explorer.

**Need Help?**

Call USPM’s Member Health Services toll-free: **1-866-713-3989**, 8 a.m. to 6 p.m. EST
Email: MemberCare@USPM.com
Here’s One Way to Earn 900 Points in a Year

Please note that this is just one way in which a Bon Secours employee could earn points. Each individual will earn their points in different ways. Remember those programs and activities that relate to your goals and health needs will be worth more points.

- Completed the HWA/Labs and reviewed results online: **300 points**
- Enrolled in a weight-loss program and worked with a Health & Wellness Advisor: **60 points**
- Completed 1 self-directed online program (took about 5-10 minutes per week for 6 weeks): **30 points**
- Synced a Fitbit to the portal and received points for 180 days (received one point for each day of more than 2,500 steps): **180 points**
- Completed 4 Healthy Habit challenges (offered monthly, participated in 1 every 3 months): **80 points**
- Completed 1 Competitive Challenge (offered periodically on the website throughout the year): **60 points**
- Completed recommended learning programs related to Preventive Plan: **50 points**
- Each month, completed readings or viewed videos/webinars related to topics of interest – nutrition, stress, sleep: **120 points**
- Raised money for a local charity 1 time, volunteered at a food bank 2 times, and donated blood 1 time: **20 points**

**Total points = 900**